

NWIA Membership Form

New Member Renewing member

Name: _____

Surname: _____

D.O.B: ____/____/____

Telephone _____

Email _____

Postal Address _____

Suburb _____

Postcode _____

Membership Fees

Individual.....\$135

Concessional*..... \$85

*Student card Num:

*Health care card Num:

Corporate..... \$635

Direct transfer Payment to:
BSB: 114 879 Acc. Num: 477248601

Please email completed forms and record of payment to:

Email: admin@wellnessaustralia.org

Telephone: +61 0478 131 984

Are you as passionate about Wellness as we are?

Become a Member of NWIA today!

By becoming a NWIA member you will assist us to:

- Provide a collective voice on Wellness issues
- Create opportunities for other wellness professionals and practitioners
- Raise awareness about Wellness

Benefits of your membership with NWIA include:

- Annual subscription to the NWIA Member **only** Wellness newsletters (12 x year)
- Access to EXCLUSIVE Member Content & Benefits of NWIA
- Access to various Wellness Resources Publications for Wellness Professionals/Practitioners
- Free seminars, webinars, social networking, membership directory and wellness links
- Discounts on Workshops and Conference registration and other Wellness Publications
- Newsletter Distribution rights across your organization (Corporate membership **only**)
- NWIA AGM Voting rights

Website: <https://wellnessaustralia.org>



National Wellness Institute of
Australia Inc (ABN 29675516476)
A Not-For-Profit Association

Our Mission Statement

Committed to Promote, Support and Grow the Wellness Movement for the benefit of Members, and Society.

We aim to:

- *Promote Wellness within the business, education, and the general community*
- *Represent Wellness Professionals as a common voice on professional matters*
- *Implement quality professional development activities*
- *Grow by increasing membership, improving services and continuing innovation*
- *Liaise and partner with professional institutions, organisations, and other agencies*



The Wellness paradigm is concerned with the optimum functioning of individuals in society. A Well person's awareness, understanding and active decision-making capacity align with their values and aspirations. A Wellness lifestyle is the commitment and approach adopted by an individual aiming to reach their highest potential for purposes greater than themselves. The outcome of a Wellness lifestyle is a capacity to contribute in positive and meaningful ways to one's community, society and the welfare of the earth. An individual who adopts a Wellness lifestyle aims to seek and use knowledge to live with balance across the multiple dimensions of their health and wellbeing in concert with others and their environment. On a continuum between low-level Wellness and high-level Wellness, individuals continually move between various states of physical, psychological and spiritual harmony and vary in their capacity to reach aspirations and goals.

Author: Halima Goss, PhD Dissertation, 2010

Our Vision

We seek to support professional integration for individuals and organisations seeking to incorporate Wellness into their personal, professional and business endeavours.

To become the voice for Wellness Professionals and Practitioners in Australia.

The Who, What, Why and How of National Wellness Institute of Australia Inc.

NWIA Inc was incorporated in August 2006 following a year of development as an unincorporated organisation. A close relationship was established with the National Wellness Institute in Stevens Point, Wisconsin, USA by founding members Mr Bob Boyd and Ms Halima Goss. With the support of the US NWI, five more founding members were invited to participate as a Management committee for the association as it proceeded with the incorporation process. During the period 2007 to today, NWIA has continued to build its membership and partnerships. By contributing to a range of educational programs the Wellness paradigm has been discussed in wide ranging contexts across industry groups such as Human Resources, Retail, Fitness, OH&S and Administrative professionals.

Types of Membership

Corporate members: a nominated representative on application for voting rights. Rights to distribute NWIA newsletters across the organization make this form of membership a beneficial one for multiple employees as a part of workplace wellness programs and strategies.

Individual members: individuals have voting rights and the right to nominate for a management committee position. All individuals receive the monthly newsletter and discounts to events.

Concessional members: Concessions for unemployed and full-time students. Concessional members have full voting rights and eligibility to nominate for management committee positions (if over 18 years of age). This class of membership entitles the individual to member rates for events throughout the year.

At each AGM elections are held for Management Committee positions by nomination from current Individual and Concessional members.

What types of activities does NWIA get involved in?

NWIA provides a wide range of services to its members such as:

- Industry Education and Training based on a set of interrelated core values adopted as an internationally comparable Wellness construct
- Government liaison for policy development
- Supporting Partners in their Wellness strategic planning
- Facilitating professional Wellness development activities
- Representing Professionals as a common voice on professional matters
- Connecting professionals with an interest in Wellness from across industries

Why is NWIA important in Australia?

As a peak body for Wellness in Australia without bias in any single profession, NWIA is able to promote the Wellness paradigm by:

- establishing links with local, national and international organisations including professional bodies, universities, service providers and local, state and federal government;
- contributing to K-12 and Higher education developments in Wellness education in partnership with Academic Institution;
- supporting Wellness promotion developments in the community and in workplaces in partnership with local groups – police, school, church, medical centres, sports/fitness organisations, employers;
- conduct a range of activities in the form of conferences, forums as a means of developing a better understanding of the concept of Wellness.